



Thank you for your continued support of our programs! Happy Valentine's Day (2/14/22)



#### Group Exercise Class Descriptions:

**Barre:** A full body, targeted toning class designed to create long, lean muscles using Ballet and Pilates inspired moves. Set to fun, upbeat music and incorporates small props to maximize calorie burn and muscle definition.

**Butt and Gut:** Full-body aerobic workout that targets abs, adductor, abductor, and ass.

**Cardio Drumming:** Find your inner Rock Star and drum your way fit. A fun, high energy, low impact, fat burning class using drumsticks and exercise balls that provides a full body workout.

**Chair Pilates:** Strengthen your core and body with this 45 minute class of seated Pilates. We will do standing and seated core movements with light weights, balls and bands. This class will help build your strength, flexibility and balance while correcting your posture.

**NEW - Circuit Training and HIIT:** The class combines interval training sequences with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong. Class can be modified for all fitness levels.

**Dance Fit Gold:** This class is an easy to follow, fun dance fitness class. The choreography focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

**Dance Jam:** A fun, easy to follow, high energy, cardio dance class that will help you blast calories and find your inner dancer!

**Gentle Yoga:** This class will teach basic asanas, as well as introduce breathwork and relaxation techniques. Shoulders, hips and spines will be targeted as areas to open through slow, deep practice. This class is specifically designed for those individuals who want to bring movement and flexibility to their bodies in a balanced way.

**Lightweight Training:** A mixture of both standing and floor work.

**Muscle Conditioning:** A weighted workout to the rhythm of music, this class will help you get a cardio workout along with strength & endurance through the use of dumbbells, bands, and flex balls.

**Pilates:** This method of body conditioning is a unique blend of stretching and strengthening that will tone muscle, improve posture, provide flexibility and balance, unite the mind and body, and create a more streamlined shape. *Bringing your own yoga/Pilates mat is recommended for this class.*

**Power Cycle/Lunchtime Cycle:** This unique hybrid cycle class incorporates additional interval and strength training into a traditional cycle format, allowing participants to build both cardio and strength.

**PrimeTime Fitness:** This class is designed for those 55+ years old or those looking to expand their strength and flexibility at a more advanced level than the SilverSneaker program.

**Sr. Tone & Drum :** Cardio Drumming . A fun, high energy, low impact, fat burning class using drumsticks that provides a full body workout.

**Tone & Stretch/Restorative Stretch:** Class is designed to improve muscle strength, tone & flexibility, using a combination of Pilates & traditional toning methods. Learn how to build strength & define muscle using a variety of equipment each week which may include light weights, stability ball, thera bands, & foam roller. Each session will end with a full body stretch. Suitable for all levels.

**Yoga - All Level:** This class will offer flowing sequences, relaxation, and meditation. Instructor provided adaptations make this class great for beginners, intermediates, and advanced yogis looking for a challenge. *Bringing your own yoga/Pilates mat is recommended for this class.*

**Zumba:** This fusion of Latin and international music will create a dynamic fitness environment that combines movements in an interval training approach through dance.